



DELAWARE HEALTH AND SOCIAL SERVICES

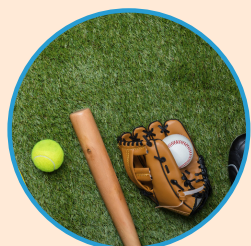
Division of Public Health

# Mpox Safety for ATHLETES and COACHES



## WASH UNIFORMS DAILY

Wash your uniform or clothes  
after each practice or game



## DON'T SHARE ATHLETIC GEAR

Only use your own uniforms, towels,  
mouth guards, water bottles,  
or other gear



## SPEAK UP IF SICK

Tell a parent, coach, doctor, or nurse.  
Don't try to "tough it out"



## KEEP IT ORGANIZED

Do not leave unused personal gear  
laying around



## CHECK FOR RASHES

Check your skin and avoid contact  
with fans during gameplay



**STAY ALERT  
STAY ADVISED**

[de.gov/mpox](https://de.gov/mpox)  
Hotline: 1-866-408-1899